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You are receiving this email because you attended a PreCana Day of Reflection and Bishop Bambera and the people of the Diocese of Scranton want to keep supporting your marriage. Please unsubscribe below if you do not wish to receive this newsletter in the future.

Good News for Newlyweds

September 2019

Office for Parish Life

Diocese of Scranton



The Grass Is Greener Where You Water It

by Kyle Benson

After studying more than 3,000 couples in his Love Lab over the last four decades, Dr. John Gottman has discovered that the most important issue in marriage is trust.

- *Can I trust you to be there for me when I'm upset?*

- *Can I trust you to choose me over your friends?*
- *Can I trust you to respect me?*

Couples that trust each other understand that a good marriage doesn't just happen on its own. It needs to be cultivated.

These couples express appreciation for each other. They brag about each other's talents and achievements. They say "I love you" every day.

Even in the heat of conflict, they consider the other's perspective. They are able to empathize with each other, even when they don't agree, and they are there for each other during times of illness or stress.

They understand that the grass isn't greener on the other side of the fence. As [Neil Barringham](#) says, "The grass is greener where you water it..." ([read more](#))



**Is Sex Different
after Marriage?**

by James Healy,
PhD

"Does sex change
after marriage? I
think it can, it does,
and it should."

**Join Us for
Young Adult
Ministry Events**

-Theology on Tap:
10/23, 11/12,
12/11

- XLT: 10/20,
11/17, 12/8

- #LeaveaMark19:
11/3

**Call Shannon
Kowalski for more
information: (570)
207-2213 x 1155**



NFP

Presentation

COMING SOON!

St. John's Parish, East
Stroudsburg

Please join us to learn more
about Natural Family
Planning. John and Hayley
Michelin will witness and
present. Call Jen Housel to
learn more:

(570) 207-2213 x 1104.

Have you celebrated your first anniversary?

Do you think you may be called to minister to those
preparing for marriage?

If you would like to begin the discernment process, or to
recommend another couple for this ministry, please
contact [Jen Housel](mailto:Jen.Housel@diocesescranton.org), 570-207-2213 x 1104.



DIOCESE OF SCRANTON

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